



News Release

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Bike to Work Week – Campbell River results at all-time high!

Despite what's become a Campbell River tradition of bad weather during Bike to Work Week, participation hit an all-time high – and reduced a year's worth of greenhouse gas emissions from an average-sized car.

The breakfast stations (at Rehab in Motion, Campbell River Christian School and Outdoor Addictions/On the Rocks) attracted more than 100 riders each morning.

At the barbecue, the Bike to Work Week committee served more than 230 salmon burgers (courtesy of Marine Harvest) and beef burgers (with all the toppings supplied by McDonald's) – and raised \$750 for the CR Head Injury Society!

Although 111 teams participated this year and last, participation statistics were way up, and more kilometres were ridden, reports Linda Nagle of the City of Campbell River's recreation department.

2012

- **627 cyclists (428 in 2011)**
- **117 new cyclists (111 in 2011)**
- **19,547 kilometers cycled (15,422 in 2011)**

The kilometres travelled by bike represent 4,382 kg of carbon dioxide prevented from entering the atmosphere. An average-sized car travelling 20,000 km per year will produce 4,484 kg of this greenhouse gas. So we saved the equivalent of the CO₂ emissions from one vehicle for a whole year, Nagle says.

"The number of committed cyclists in Campbell River is growing," Nagle adds. *"Each year we appear to gain about 100 new cyclists, and roughly 50 per cent of the participants are female."*

Campbell River did not beat the Comox Valley (155 teams, 622 cyclists and 25,837 km travelled) but stacked up really well provincially, topping communities like Kamloops (108 teams, 527 cyclists); Penticton (60 teams, 241 cyclists).

Current provincial results can be seen on the website at www.biketowork.ca

Nagle adds that Bike to Work Week T-shirts are still for sale, mostly large and extra large, for \$25 each. The shirts are organic cotton with recycled polyester content – "a really nice feel and they wear and wash well!" she says.

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Photo: **A Bike to Work Week cyclist shows off her community spirit**